

Testimony
Legislative Management's Acute Psychiatric Treatment Committee

UND

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Topics

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- Behavioral Health Workforce Needs in North Dakota
- Data regarding:
Student Enrollment in Behavioral Health-Related Courses at the University of North Dakota.

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Behavioral Health Workforce

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- Much discussed this a.m.
- Difficulty with data re: "needs"
- "Behavioral Health" is a term used to include issues related both mental health and substance use.
- Thus, workforce areas can include, social work, occupational therapy, physical therapy, nursing, medicine, psychology, addiction therapy, peer specialists, etc...

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UNDSMHS-

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- Health Sciences
 - Biomedical Sciences
 - Physical Therapy, Occupational Therapy, Sports Medicine, Medical Laboratory Sciences, Physician Assistant Program
- School of Medicine
 - Medical School
 - Residencies

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Data

UND

- Occupational Therapy-in 2nd year, over a third of the curriculum contains behavioral health content
- Physician Assistant Program-significantly more robust behavioral health curriculum than the 6% of national exam content
- Both Physical Therapy and Sports Medicine programs have behavioral health objectives in their curricula
- All programs afford opportunities in managing personal well-being, all instructors receive education regarding campus resources as well as in mandatory reporting related to certain crises.

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Other Departments within UNDSMHS with focus on Behavioral Health

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- The Department of Geriatrics
- The Department of Population Health (also collaborates with the School of Law for a combined Jurist Doctorate and Master's in Public Health)
- The Department of Indigenous Health (with first PhD program in the world)

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Our own behavioral health



- UND has partnered with Sanford Research to establish The Behavioral Health Bridge in an effort to assist the public in wellness during COVID-19
<https://behavioralhealthbridge.org/>
- UNDSMHS has two wellness advocates who assist medical students, residents and faculty in both the eastern and western parts of the state

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School of Medicine- Medical Student Education



- 78 Students accepted in the 1st year class.
- Phase 1---Primarily Basic Sciences, with some clinical education
- Phase 2---Primarily Clinical focus (Clerkship) with ongoing utilization of basic sciences
- Phase 3---Primarily Clinical focus (Electives, etc...)

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Phase 1



- Over 50 hours of dedicated presentations/discussions related to Behavioral Health
- Wellness Advocacy
- Opportunities for training in Mental Health First Aid, participation in Psychiatry Interest Group, Volunteer Activities (Out of the Darkness Community Walk), etc...

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Phase 2 and Phase 3



- Psychiatry Clerkship---6 weeks of dedicated clinical behavioral health training in one of the following campuses:
 - Bismarck/NDSDH; Fargo, Grand Forks. Minot has a longitudinal program
- Electives can also include specialized areas within Behavioral Health

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Residencies or Fellowships coordinated by UNDSMHS



- [Family Medicine](#)
- [Geriatric Fellowship](#)
- [Hematology-Oncology](#)
- [Internal Medicine](#)
- [Neurology \(Adult\)](#)
- [Orthopedic Surgery](#)
- [Psychiatry](#)
- [Surgery](#)
- [Transitional Year](#)



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Psychiatry Residency



Recent information: National Average-- 6.3% of graduating MDs (allopaths) in 2020 chose psychiatry as a specialty.

Percentage of UNDSMHS graduating medical students choosing Psychiatry as a career this year:
12%

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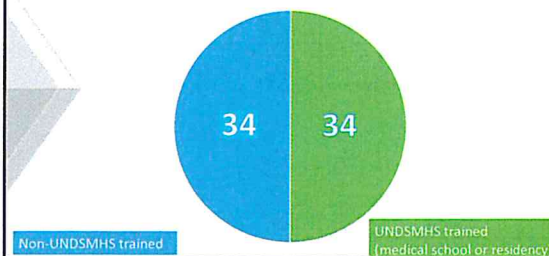
Psychiatry Residency Growth



- ND Legislature approved additional funding through Healthcare Workforce Initiative.
- Thus, whereas a dozen or more years ago we had 3 psychiatry resident slots per class in the four-year program, we now have 6.

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Psychiatrists Currently Practicing in ND



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Resident Telepsychiatry* Sites



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Multi-Disciplinary Aspects of Behavioral Health Education and Care



Integrated,
collaborative care

Interdisciplinary
training and practice

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UND Graduate Programs PhD and Doctorate Programs



Degree	Fall 2021 Enrollment
OTD Occupational Therapy	162
PhD in Counseling Psychology	33
PhD in Clinical Psychology	36
PhD in General/Experimental Psychology	15

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Master's Degree Program with Behavioral Health Focus



Degree	Fall Enrollment
MA Counseling	97
MA Forensic Psychology	123
MS Psychology	8 This degree was moved to an MS in Forensic Psychology in Fall 2020
Masters of Occupational Therapy	59 people in previous enrollment prior to moving to the Doctorate
Masters/ED and Masters in Special Education	243
Nursing Masters: Adult Gerontology	37
Masters Nursing: Family Practice	240
Masters Nursing: Psychiatric Mental Health Nurse Practice	138
Masters of Social Work	160

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Bachelor's Degree Programs with Behavioral Health Focus in Major



Degree	Fall Enrollment
BA in Psychology	304
BS in Psychology	169
BS in Social Work	130
BS in Rehabilitation and Human Services	113

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Minors/Certificates with Behavioral Health Focus



Minor/Certificates	Fall 2021 Enrollment
Chemical Dependency (minor)	18
Rehabilitation and Human Services (minor)	21
Psychology (minor)	313
Behavioral Health in Psychology (certificate)	84
Autism Spectrum Disorder (certificate)	11
Special Education and Special Education (Applied Behavioral Analysis) (certificates)	12

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Undergraduate Classes/Enrollment



Classes by Department with Behavioral Health Content	Number of Students Enrolled in 2021/2022 Academic Year
Counseling 250, 270 (two additional courses without enrollment this academic year)	82
Nursing 490	18
Occupational Therapy 439, 440, 444	224
Psychology 330, 331, 335, 360, 437	1,738
Sociology 450	86
Social Work 257, 315, 318, 357	297

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Graduate Classes Enrollments



Classes by Department with Behavioral Health Content*	Number of Students Enrolled this Academic Year
Counseling: 501, 502, 504, 505, 507, 510, 514, 515, 516, 517, 518, 519, 520, 526, 527, 529, 530, 532, 533, 534, 535, 536, 540, 551, 552, 553, 560, 562, 565, 568, 569, 570, 580, 581, 583, 584, 586, 587, 588, 589, 590, 593.	1,192
Nursing: 505, 522, 534, 538, 541, 545, 559, 564, 583, 584, 585, 588, 589, 596, 597, 598.	1,641
Occupational Therapy: 500, 503, 512, 516, 583, 584.	376
Psychology: 537, 575	112
Special Education: 506, 540, 541, 542, 543, 544, 545, 546, 555, 571, 578, 586.	734
Social Work: 501, 502, 527, 528	340

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Behavioral Health Workforce



- UND is advancing behavioral health with a premise of:
 - Interprofessional practice and teamwork.
 - Addressing stigma (particularly of substance use disorders).
 - Preparation for all to professionals to screen for mental health and substance use disorders.
 - Preparation of personnel with expertise on assessment, diagnosis, treatment, in-patient rehabilitation, and community-based rehabilitation to enhance comprehensive community-based mental health and substance use disorder care.

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Questions or comments?



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Slide 1 Intro

Legislative Management's Acute Psychiatric Treatment Committee Chairman Nelson and Committee Members: I am Dr. Andy McLean, Chair of the Department of Psychiatry and Behavioral Science at the University of North Dakota School of Medicine and Health Sciences. I am accompanied today by UND Behavioral Health Specialist Thomasine Heitkamp. We have been asked by Dean Wynne to respond to your request for a presentation regarding behavioral health workforce needs in the state and data regarding student enrollment in behavioral health-related courses at the University of North Dakota. We are pleased to do so.

Slide 2 Topics

I will be presenting on these topics related to the School of Medicine and Health Sciences. Ms. Heitkamp will be presenting as related to the University as a whole.

Slide 3 Behavioral Health Workforce

While I was not present for this morning's earlier presentations, I know that there has been a great deal of debate as to how the issues of mental health resources should be addressed. Some point to a greater need for infrastructure resources (more inpatient beds, more robust involuntary commitment laws, etc...). On this latter topic, I was privileged to have chaired the committee that oversaw the revision of language related to mental health professionals within the Chapter 25 of the Century Code on civil commitment. Others point to prevention resources and expansion of interdisciplinary training. However, understanding of language is important.

If it has not already been discussed, "Behavioral Health" is a term used to include issues related both mental health and substance use, and thus, workforce areas can include social work, occupational therapy, physical therapy, nursing, medicine, psychology, addiction therapy, peer specialists, etc...

Slide 4 UNDSMHS-

Regarding our/your School of Medicine and Health Sciences, I will discuss first the Health Sciences "side," including Biomedical Sciences, Physical Therapy, Occupational Therapy, Sports Medicine, Medical Laboratory Sciences, Physician Assistant Program. I will then move to the School of Medicine, including medical student and resident education.

Translational work within Biomedical Sciences includes research on aging, Alzheimers disease, numerous psychiatric disorders, substance abuse and brain injury, just to name a few areas.

Slide 5 Data

Occupational Therapy-in the 2nd year, over a third of the curriculum contains behavioral health content. The Physician Assistant Program provides significantly more robust behavioral health curriculum than the 6% of national exam content. Both Physical Therapy and Sports Medicine programs have behavioral health objectives in their curricula. All programs afford opportunities in managing personal well-being,

all instructors receive education regarding campus resources as well as in mandatory reporting related to certain crises.

Slide 6 Other Departments...

The Department of Geriatrics has numerous projects involved in geriatric mental health.

The Department of Population Health (also collaborates with the School of Law for a combined Jurist Doctorate and Master's in Public Health)

The Department of Indigenous Health (with first PhD program in the world)

Slide 7 Our Own Behavioral Health

Managing our own behavioral health is important. UND has partnered with Sanford Research to establish "The Behavioral Health Bridge" in an effort to assist the public in wellness during COVID-19

<https://behavioralhealthbridge.org/>

UNDSMHS has two wellness advocates with a focus on assisting medical students, but also residents and faculty in both the eastern and western parts of the state.

Slide 8 School of Medicine-Medical Student Education

There are 78 students accepted into the first-year class.

The School of Medicine and Health Sciences has made changes in the curriculum recently. It is now structured in 3 phases.

Phase 1—Primarily Basic Sciences, with some clinical education

Phase 2--Primarily Clinical focus (Clerkship) with ongoing utilization of basic sciences

Phase 3---Primarily Clinical focus (Electives, etc...) with clearly a basic science foundation

Slide 9 Phase 1

In Phase 1, there are over 50 hours of dedicated presentations/discussions focusing on, or related to Behavioral Health

Wellness Advocacy begins in the first week of school.

Besides formal, dedicated requirements in behavioral health education, there are opportunities for training in Mental Health First Aid, participation in Psychiatry Interest Group, Volunteer Activities (Out of the Darkness Community Walk), etc...

Slide 10 Phase 2 and Phase 3

Psychiatry Clerkship---6 weeks of dedicated clinical behavioral health training in one of the following campuses:

Bismarck/NDSH; Fargo, Grand Forks. Minot has a longitudinal program

Electives can also include specialized areas within Behavioral Health; some examples: substance use disorders, inpatient psychiatry, eating disorders, research, etc...

Slide 11 Residencies or Fellowships...

Here is a listing of residencies or Fellowships coordinated by UNDSMHS:

Family Medicine, Geriatric Fellowship, Hematology/Oncology, Internal Medicine, Neurology, Orthopedic Surgery, Psychiatry, Surgery, Transitional Year.

A residency is a post-medical school graduation program typically required for practice. A Fellowship is additional training post-residency graduation. We have had serious discussions lately with community partners on the potential for a Child and Adolescent Psychiatry Fellowship.

Slide 12 Psychiatry Residency

The National Average for medical student graduates going into Psychiatry has increased over time. Our school's average has waxed and waned. However, this year, the percentage of UNDSMHS graduating medical students choosing Psychiatry as a career this year is at 12%

Slide 13 Psychiatry Residency Growth

Thanks to Work Force Initiative funding by the ND Legislature in sessions past, we have been able to expand our psychiatry workforce. Whereas a dozen years ago we had 3 psychiatry resident slots per class in the four-year program, we now have 6.

Slide 14 Current Practice

UNDSMHS continues to contribute significantly to the number of psychiatric providers in the state, with half the individuals practicing here having been trained at your medical school.

Slide 15 Telepsychiatry sites

For years, (including pre-pandemic) we have been training our psychiatry residents to not only provide telepsychiatry to patients in other parts of the state, but to also visit those sites on a monthly basis.

Slide 16 Multi-Disciplinary Aspects...

As noted above, it is important to recognize the multi-disciplinary aspect of behavioral health education and care. That is not only apparent from the "HS," or Health Sciences portion of the School of Medicine and Health Sciences, but the overall efforts in education and training across the University of North Dakota. I will now turn the presentation over to Thomasine Heitkamp to discuss the efforts of UND as a whole.

Slide 17 Doctoral Programs

These are programs with admission standards that are rigorous I am including the most recent enrollment data for this academic year by major. These are doctorate and PhD data. These programs take some years to complete.

Slide 18 Master's Program's

These are the programs with Master's degrees. Both OT and Nursing have a Doctorate of Practice that is recent degree offering program at UND, and students are matriculating through those programs. Nursing launched their DNP but also maintained their Master's Program. Ot is wrapping up their master's program. The FNP-Adult Gero, Psy Mental Heath have prescription authority. The counseling, OT, APRNs, MSWs lead to licensure and can practice independently. These student graduates work with their respective licensing boards to secure a licensing credential.

Slide 19 Bachelor's Programs

The degree that leads to licensure is the Social Work as ND licenses at both a Bachelor's and Mater's level. BSW does not allow for independent practice.

Slide 20 Minors/Certificate Programs

The minor and certificate programs better prepare students for practice in the area of behavioral health.

Slide 21 Undergraduate

UND professional degrees build on a liberal arts foundation with undergraduate courses that expand content in theory and critical thinking to advance better practice. There are undergraduate courses that have specific BH content.

Slide 22 Graduate Class Enrollments

In response to your question about the number of courses and students enrolled in classes with behavioral health content - the Graduate Director ran a search using key words to include substance use disorders, addiction, mental health, counseling, clinical, etc. The courses identified in this que were selected and include direct, individual, and group counseling along with research and public health. This does not mean that students do not complete other classes with this content, but it was found in the description. For example, a field placement course could be at a behavioral health or health care setting where student are securing skills in serving people with a mental health or substance use disorder. You will note a robust list in counseling probably due to the key word search.

Slide 23 Behavioral Health Workforce

UND is advancing behavioral health with a premise of:

Interprofessional practice and teamwork.

Addressing stigma (particularity of substance use disorders).

Preparation for all to professionals to screen for mental health and substance use disorders.

Preparation of personnel with expertise on assessment, diagnosis, treatment, in-patient rehabilitation, and community-based rehabilitation to enhance comprehensive community-based mental health and substance use disorder care.

Slide 24 We would be happy to receive any questions or comments.